

SENIOR PROGRAMS

Office on Aging

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Types of Programs: Information and assistance, volunteer placement, assessment, support services, job search assistance, tax assistance, and wellness programs.

Programs designed for those age 50+ unless otherwise noted.

The Office on Aging offers a variety of Citywide Services and Programs to older adult residents to help them maintain an active and independent life style. Most programs are designed for those age 50 and over and are offered through your local Senior and Community Centers. Below is a comprehensive listing of all programs and activities offered at the various Senior Centers. (Refer to the listing of activities offered at each center on page 66-67.

*Please note: Not all programming is offered at each center. See page 66-67 for a full listing of centers and their services.

SENIOR SERVICES

Advisory Councils

Each center has an Advisory Council consisting of volunteers who are responsible for providing input to the center staff on programs and senior issues. Most Advisory Councils are active in fundraising activities for their center and meet once per month.

Bingo

Many centers have a bingo committee consisting of volunteers who offer bingo once a week to all adults age 18 and over. The price of game packs and cash prizes varies from center to center. If you are interested in playing bingo or volunteering to serve on the bingo committee, please contact your local center.

Blood Pressure Check

Time and date varies by center. Call your local center for more information.

Brown Bag

If you are aged 60+ or disabled age 55+, you may be eligible to receive a weekly supplemental bag of groceries if you meet the income requirements. Maximum monthly household income for one person is \$1,325; two people are \$1,790 and three people are \$2,256.

Case Management Services

Support services, assistance and care are provided for seniors needing social service benefits.

Computer Class

East Side Adult Education and Senior Net will instruct this weekly class in beginning computers. Please call to Sign up for the next available class. If class is full, have your name placed on the waiting list for future classes. No walk-ins. Classes can only accommodate 14 students. You must commit to the entire session to be accepted for classes.

Computer Open Lab

Computer labs are has 14 computers available for Internet research, document production and email. Use of computers is by appointments only. Lab hours vary by center, call for more information.

Defensive Driving Classes

AARP 55 Alive driving classes are offered thoughtout the year. Class includes a refresher of driving skills. A certificate is provided upon completion of class which many insurance companies accept for a discount on rates. Cost for the class is \$10. Call your center to inquire about upcoming dates.

Drop-In Activities

All centers offer a wide variety of drop-in activities that are free of charge. Typically, centers will offer bridge, cards, table-tennis, choir, crafts, clubs, line dancing, ballroom dancing, drama, tennis, billiards and gardening. Look under your local center to see what specific drop-in activities are offered.

Exercise Open Gym

Sites and hours of service vary, check matrix for locations.

Free Bread Program

Please bring your own plastic bag. (Schedule subject to change and is dependent upon bread availability.) Times vary by center, call your center for more information.

Gift Shop

Hand crafted items for sale made by fellow seniors. Come to shop or become an artist. Open Monday-Friday 10:00am-2:00pm, at Willows and Southside.

Haircuts Free

Volunteers cut hair are both men and women at various centers. Appointments for Seniors only. Call your center office for appointments. Please shampoo your hair before the appointment. Tips are not allowed.

Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program, available at all centers (see Senior Service Directory on page 66-67) is free of charge. Trained counselors will assist you with Medicare, Medi-Cal, supplemental insurance "D" prescription drug coverage and long-term care insurance information or issues. Counselors can also help you fill out claim forms. Please call your local center for an appointment.



SENIOR PROGRAMS

Income Tax Preparation and Home Owners and Renters Assistance

Trained volunteers are available at your local center by appointment to prepare your Federal and State income tax or fill out your Home Owners and Renters rebate paperwork. Call your local center for an appointment (see Senior Center Service Directory on page 66-67). If you are interested in becoming a volunteer tax counselor, please call the Office on Aging at 408-979-7906 for training information.

Information and Assistance Resource Center

A library of information where seniors, their families or caregivers can receive assistance on resources available for older adults. Issues such as care-giving services, elder abuse, employment info, meal programs, prescription medication programs, volunteer placements, recreation, financial assistance, housing and transportation are all offered here. There is also information about community resources and services. Call 408-979-7911 for additional information.

Information Hot Line

As part of the Older Adult Resource Program, Office on Aging operates an information and assistance hotline (408-979-7911) Monday thru Friday from 9:00am-5:00pm. Staff is available to answer questions about resources, programs and services. Thirty minute counseling sessions are also offered (free service).

Library

On site libraries at senior centersoffer seniors a selection of book and video rentals available at no cost. Varies by center, call your center for times.

Membership Cards

All centers offer a membership program for \$10 per year. Members receive additional benefits by joining their center which may include discounts to monthly special events, free pancake breakfast or BBQ, access to an entertainment library and much more. Membership money directly supports the programs and activities offered at your center.

Newcomers' Orientation

Each month a Newcomers' Orientation is held to provide an overview of the programs and services offered at each center. Most centers include a tour, free luncheon and an opportunity to meet staff and ask questions. Check with your local center for the day and time of its Newcomers' Orientation.

Notary Service

Notary Service is available at the center M-Th. This is a free service for members (up to 3 signatures per year, additional signatures \$5 each). Cost for non-members is \$5 per signature. Seniors only. Please call ahead to make an appointment as the Notary may not be available for drop-ins.

Nutrition Program \$2/\$5 Suggested Donation

Reservations are required. Please call your center, at least one day in advance, to reserve your meal. Lunch is served Monday-Friday at 12:00pm (11:30am at Willows) Suggested donation is \$2 for seniors age 60+ and \$5 guest fee per adults under 60. A monthly menu is available at the center.

Older Adult Resource Program

Older Adult Resource Specialists visit each community or senior center once a week to provide information and linkage to services and resources that promote independent living. The Specialist will work with the senior and/or their family to identify needs through an assessment process (can be conducted in the senior's home). Specialist will assist with reviewing options and coordinating resources to meet identified needs. See the Senior Center Service Directory (page 66-67) for local center appointment. Contact 408-979-7904.

Parkinson Support Group

This group meets the 1st Wednesday of every month at 1:00pm. This meeting is open to anyone with Parkinson's disease and their family and friends.

Retired and Senior Volunteer Program (RSVP)

RSVP provides older adults (age 55+) with opportunities to volunteer at sites throughout the San José area including senior centers, libraries and hospitals. Volunteers serve without compensation, but may be reimbursed for certain expenses such as mileage. All volunteers are covered by accident and liability insurance. The RSVP program also offers free income tax preparation assistance and home owners and renters assistance (described under Income Tax Assistance). Contact the Office on Aging at 408-979-7906 for further details.

Senior Adult Legal Assistance (SALA)

SALA provides legal assistance by trained counselors for seniors aged 60 and over at most centers. Appointments are available by contacting your local center. Counselors can help you with Durable Power of Attorney, elder abuse, Social Security or SSI issues and simple wills.

Senior Citizens Commission

The fifteen member commission is appointed by City Council and advises the Mayor and City Council on matters of importance to San José seniors including housing, transportation, health and safety. The public is invited to attend the monthly meeting held the second Thursday of every month from 1:30-4:30pm. Contact 408-979-7915 for further details and locations of the meeting.

Senior Companion Program (SCP)

The Senior Companion Program recruits and trains seniors aged 60+ to become companions to other elders who are homebound or in frail health. A Senior Companion volunteers 20 hours per week and receives a stipend. Senior Companion clients are elders who are at risk of becoming institutionalized without outside assistance. If you are interested in the SCP, please contact 408-979-7904.



SeniorNet Learning Center of San José

SeniorNet's mission is to provide older adults education for and access to computer technology to enhance their lives and enable them to share their knowledge and wisdom. SeniorNet, a nonprofit organization, teaches adults (age 50 plus) how to use computers and the Internet. Classes are designed for the beginner to the intermediate student with offerings changing every eight weeks. For more information on current offerings visit the SeniorNet website at www. snlcsj.org/almaden.

Senior Trip Program

Frontier Travel and Tours run the senior trip program. We have day trips and overnight trips, so come by the center and pick up the trip flyers and go on some trips. For information on the trips, you may call 1-800-955-2877.

Transportation

Transportation is available to most centers by City Van and/or by the VTA Paratransit Outreach program at no charge. Please contact your local center for details.

Transportation Discount Tickets: Flash Pass & BART

Most centers offer BART tickets to those aged 65+. Each \$9 ticket is good for \$24 worth of BART rides. In addition, the VTA Monthly Flash Passes (unlimited monthly rides on County transit buses and light rail) are available to seniors over age 65 for \$20. Seniors need to have a VTA ID Card to purchase the FLASH PASS.

Veteran's Services

Assistance and referrals for federal and state veteran's benefits, counseling services and community activities at Northside Senior Center.

Vial of Life

The Vial of Life kit enables emergency responders to quickly locate medical information about you in case you are unable to speak for yourself. A small vial stored in your refrigerator and glove compartment provides all you pertinent medical information.

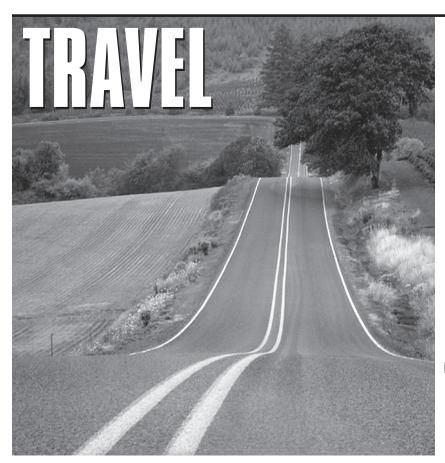
Paramedics, Police and Firefighter are trained to look for the Vial of Life sticker on your refrigerator or glove compartment. Pick up your Vial of Life from your local center.

Walking Program

Walking is so important and good for your health. It's also an easy and non costly exercise. Inquire at your local senior center about the walking program that is offered throughout the year.

Women's Friendship Club

Activities may include a day trip, craft demonstration, and guest speakers. Programs are occasionally off site. New members are always welcome. Please call 408-629-3435 for a schedule of activities.



Frontier Travel and Tours

City of San José - Office on Aging Trained Escorts

Over 30 Years Experience
Memorable Travel Experiences
Travel Clubs
Highest Safety Ratings
ADA Compliance

Registration at San José Senior Centers

For trip information and reservation dates: call (800) 955-2877 www.frontiertraveltours.com/sanjose



SENIOR CENTERS

Programs & Services	Alma	Almaden	Alviso	Berryessa	Camden	Cypress	Evergreen	Gardner
Advisory Councils								
Adult Education								
Bingo								
Blood Pressure Check								
Bus Line	82	63		61	37, 62	23	31,77	64
Brown Bag								
Case Management Services								
Computer Classes								
Computer Open Lab								
Defensive Driving Class								
Drop-In Activities (Call centers for full listings)	•	•						•
Exercise Open Gym								
Flash Pass & BART discounts								
Free Bread Program								
Gift Shop								
Haircuts (FREE)								
HICAP	•							
Library (On-site)								
Membership Cards								
Newcomers' Orientation								
Notary Service								
Nutrition Lunch Program								
Older Adult Resource Services								
Parkinson Support Group								
SALA								
SeniorNet Learning Center of San Jose								
Senior Trip Program (day and/or overnight trips)	•	•					•	
Transportation								
Veterans' Services								
Vial of Life								
Walking Program							•	
Women's Friendship Club								



SENIOR CENTERS

Programs & Services	Hank Lopez	Iola Williams	Kirk	Northside	Southside	St. James	Willows
Advisory Councils							
Adult Education							
Bingo							
Blood Pressure Check							
Bus Line	70	72, 26	63	11	27,68	72, 73	26, 64
Brown Bag							
Case Management Services							
Computer Classes							
Computer Open Lab							
Defensive Driving Class							
Drop-In Activities (Call centers for full listings)	•		•	•			
Exercise Open Gym							
Flash Pass & BART discounts							
Free Bread Program							
Gift Shop							
Haircuts (FREE)							
HICAP							
Library (On-site)							
Membership Cards							
Newcomers' Orientation							
Notary Service							
Nutrition Lunch Program							
Older Adult Resource Services							
Parkinson Support Group							
SALA							
SeniorNet Learning Center of San José							
Senior Trip Program (day and/or overnight trips)	•		•	•	•		
Transportation							
Veterans' Services							
Vial of Life							
Walking Program						•	
Women's Friendship Club							



NOVEMBER

Veteran's Lunch

Monday, November 10, 12:00pm Southside Senior Center

Celebrate Veterans with a delicious meal complete with Apple Pie. For more information please call the Nutrition Program at 408-629-9606.

Holiday Arts and Crafts Fair

Berryessa Community Center

Saturday, November 15, 10:00am-5:00pm Sunday, November 16, 10:00am-4:00pm

Community Thanksgiving Dinner

Wednesday, November 19, 3:00-5:00pm Hank Lopez Community Center

Thursday, November 20, 12:00pm Southside Senior Center

November 21, 11:45am Cypress Senior Center

During regular senior nutrition program.

November 26, 11:00am

Evergreen Senior Center

Entertainment will follow dinner. \$2 suggested donation for those 60 and older/\$5 for all others.

Wednesday, November 26, 12:00pm Iola Williams Senior Center

Thanksgiving Lunch

Tuesday, November 25, 12:00pm Hank Lopez Community Center

Please join us for this day of thanks. \$2 age 60+ and \$5 for everyone under 60 years old.

Special Breakfast

Wednesday, November 26, 8:30-10:00am Hank Lopez Community Center

Cost is \$2. For more information call 408-251-2850.

Holiday/Birthday Dance

Wednesday, November 26, 1:00-4:00pm

Hank Lopez Community Center

For ages 50+, \$3 Members/\$4 Non-Members.

DECEMBER

Kirk Senior Program Holiday Luncheon

Friday, December 5, 12:00-2:00pm

Camden Community Center

Join us for a special luncheon which will feature gourmet food, special entertainment and holiday fun! Cost is \$5.

Holiday Party

Saturday, December 6, 5:00-9:00pm

Iola Williams Senior Center

Member's Breakfast

Saturday December 13, 10:00am

Evergreen Senior Center

Enjoy a hearty breakfast with friends. For ages 50 and up. Free for members or \$2 for non-members. Sign up at the front office.

Special Breakfast

Wednesday, December 10, 8:30-10:00am

Hank Lopez Community Center

Enjoy a Chorizo and egg burrito. Cost is \$2. For more information call 408-251-2850.

Holiday/Birthday Dance

Wednesday, December 17, 1:00-4:00pm

Hank Lopez Community Center

For ages 50+. \$3 Members/\$4 Non-Members.

Bye-Bye Old Kitchen Party

Friday, December 19, 12:00pm

Camden Community Center

Join Kirk Senior Advisory Council as they plan a home cooked luncheon to celebrate the great memories shared in Kirk kitchen before it gets it a sparkling remodel. Cost is \$5.

Breakfast with Santa

Saturday, December 20, 9:00am-11:00am

Hank Lopez Community Center

Get your tickets for this yummy pancake breakfast and visit with Santa. Cost is \$2.

Holiday Meal

Tuesday, December 23, 12:00pm

Hank Lopez Community Center

Join us to celebrate the Holidays. Cost is \$2 for ages 60 and up and \$5 for all others



JANUARY

Special Breakfast

Wednesday, January 7, 8:30-10:00am

Hank Lopez Community Center
Cost is \$2. For more information call 408-251-2850.

Wednesday, January 21, 8:30-10:00am

Hank Lopez Community Center

Cost is \$2. For more information call 408-251-2850.

Saturday, January 24, 8:30-11:30am

Southside Senior Center

For members only! Enjoy pancakes, eggs, fruit and more! Free Call 408-629-3363 for details.

New Year's Dance

Wednesday, January 7, 1:00-4:00pm

Hank Lopez Senior Center

Join us to ring in the New Year! Cost is \$3 for members and \$4 for non-members.

Black and White Ball

Thursday, January 8, 1:00-3:00pm

Alma Senior Program

Cost is \$2 for members and \$3 for non-members.

New Year's Eve Party

Friday, January 9, 11:00am

Southside Senior Center

Count down to 12:00pm with your friends and loved ones. A meal will be held by the Nutrition Program.

New Year's Celebration

Saturday, January 10, 4:00-7:00pm

Evergreen Senior Center

Ring in the New Year with friends and fun! Sign up at the front desk. Cost is \$5 for members and \$10 for non-members.

New Year's Dance

Wednesday, January 14, 1:30-3:30pm

Willows Senior Center

Singles and couples welcome. Enjoy music by a live band, and refreshments. Cost is \$5 at the door.

Martin Luther King Celebration

Thursday, January 15, 10:00am-12:00pm

Iola Williams Senior Center

Special Breakfast

Wednesday, January 21, 9:00am

Hank Lopez Community Center

Call Center for menu. Cost is \$2.

Chinese New Year's Celebration

Wednesday, January 21, 10:00am-12:00pm

Iola Williams Senior Center

Birthday Party

Thursday, January 22, 11:00am

Alma Senior Program

Music performance by Mixteco.

Lunar New Year

Friday, January 23, 11:00am-12:30pm

Southside Senior Center

Enjoy tasty Chinese food and a show. Call 408-629-9606 for more information.

Vietnamese New Year

Saturday, January 25, 10:00am-4:00pm

St. James Senior Center

Come celebrate the Lunar New Year with the Vietnamese Club.

Holiday/Birthday Dance

Wednesday, January 28, 1:00-4:00pm

Hank Lopez Community Center

For ages 50+, \$3 Members/\$4 Non-Members.

Chinese New Year Lunch

Wednesday, January 28, 12:00pm

Hank Lopez Community Center

Celebrate Chinese New Year with a traditional Chinese Lunch. Cost is \$2 for ages 60 and up and \$5 for everyone under 60 years old.

Holiday/Birthday Dance

Wednesday, January 28, 1:00-4:00pm

Hank Lopez Community Center

Cost is \$3 for members and \$4 for non-members.



FEBRUARY

Special Breakfast

Cost is \$2

Wednesday, February 11, 8:30-10:00am Wednesday, February 25, 8:30-10:00am Hank Lopez Community Center

Cupids Dance

Wednesday, February 11, 1:30-3:30pm

Willows Senior Center

Singles or couples welcome to enjoy music by a live band at the Sweethearts dance. Refreshments will be served. Cost is \$5 at the door.

Valentine's Celebration

Friday February 13, 11:00am-12:00pm

Evergreen

Join us for special entertainment and lunch. Suggested donation of \$2 for those ages 60 and older and \$5 for ages 59 and younger.

Sweetheart's Luncheon

Friday, February 13, 11:00am-12:30pm

Willows Senior Center

Enjoy music, festivities and fun! Suggested donation of \$2 for ages 60+, and \$5 for under age of 59.

Tea for Two

Friday, February 13, 2:00pm

Southside Senior Center

Bring your sweetie or best buddy to savor different teas and snack on hor d'oeuvres. Join in on the tea tasting contest.

Valentine's Dinner & Dance

Friday, February 13, 5:30-8:30pm

Hank Lopez Community Center

Bring your sweetheart or meet one at the event. Cost is \$10.

Sweetheart Dance

Saturday, February 14, 1:00-3:00pm

St. James Center

Bring your sweetheart to the dance. Cost is \$2 for seniors age 60 and up, and \$5 for seniors under age 60.

Birthday Party

Saturday, February 22, 11:00am

Alma Senior Program

Music performance by Mixteco.

Holiday/Birthday Dance

Wednesday, February 25, 1:00-3:00pm

Hank Lopez Community Center

For ages 50+. \$3 Members/\$4 Non-Members.

Members Pancake Breakfast

Saturday, Frbruary 28, 9:00-11:00am – Willows Senior Center Sign up as a new member or renew your membership for the 2009 year and receive a FREE ticket to the members pancake breakfast.

Black History Celebration

Saturday, February 28, 10:00am-3:00pm Iola Williams Senior Center

MARCH

St. Patrick's Day Luncheon

Tuesday, March 17, 11:00am-12:30pm

Southside Senior Center

Wear your green to our delicious St. Patrick's Day Luncheon! Enjoy food and a performance.

Tuesday, March 17, 11:00am-12:30pm

Willows Senior Center

Come help us celebrate St. Patrick's Day! Suggested donation of \$2 for seniors age 60 and up, and \$5 for all others.

St. Patrick's Day Dance

Tuesday, March 17, 1:00-3:00pm

St. James Center

Wear your green to the St. Patrick's Day dance and play lucky bingo to receive a prize.

St. Patrick's Day Celebration

Saturday, March 14, 4:00-7:00pm

Evergreen Community Center

Wear your green and enjoy a delicious dinner and dance. Sign up at the front desk. Cost is \$5 for members and \$10 for non-members.